



QCOOK

Hungarian-Style Lamb Goulash

with butterbean mash

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Koelenhof | Koelenbosch Pinotage

Nutritional Info	Per 100g	Per Portion
Energy	421kj	2891kj
Energy	101kcal	692kcal
Protein	5.6g	38.4g
Carbs	9g	64g
of which sugars	3g	20.6g
Fibre	2.4g	16.5g
Fat	4.7g	32.1g
of which saturated	1.8g	12.6g
Sodium	195mg	1343mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
30ml	40ml	Beef Stock
450g	600g	Free-range Lamb Chunks
360g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
2	2	Garlic Cloves <i>peel & grate</i>
45ml	60ml	Tomato Paste
48ml	64ml	Spice Mix <i>(15ml [20ml] Paprika, 30ml [40ml] NOMU Rub & 3 [4] Bay Leaves)</i>
300g	400g	Cooked Chopped Tomato
360g	480g	Butter Beans <i>drain & rinse</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey
Milk (optional)
Butter

1. STOCK & LAMB Boil the kettle. Dilute the stock with 600ml [800ml] of boiling water. Place a pot over high heat with a drizzle of oil. Pat the lamb dry with paper towel, cut into small chunks, and season. When hot, sear the lamb until browned, 4-6 minutes (shifting occasionally).

2. SIMMERING MOMENT Add the carrot and the onion to the pot. Fry until lightly golden, 10-12 minutes. Add the garlic, tomato paste, and spice mix. Fry until fragrant, 2-3 minutes. Mix in the cooked chopped tomatoes and the diluted stock. Simmer until the lamb is soft, and the sauce is thickening, 25-30 minutes. In the final 1-2 minutes, mix in a sweetener (to taste) and seasoning. Remove from the heat.

3. BUTTERBEAN MASH Place a pot over medium-high heat with the beans and 120ml [160ml] of milk (optional) or water. Once boiling, remove from the heat and stir in a knob of butter. Mash with a fork or potato masher until the desired consistency. Season and cover to keep warm.

4. TIME TO EAT Dish up the butterbean mash, alongside the Hungarian-style lamb goulash, and garnish with the parsley. Dig in, Chef!